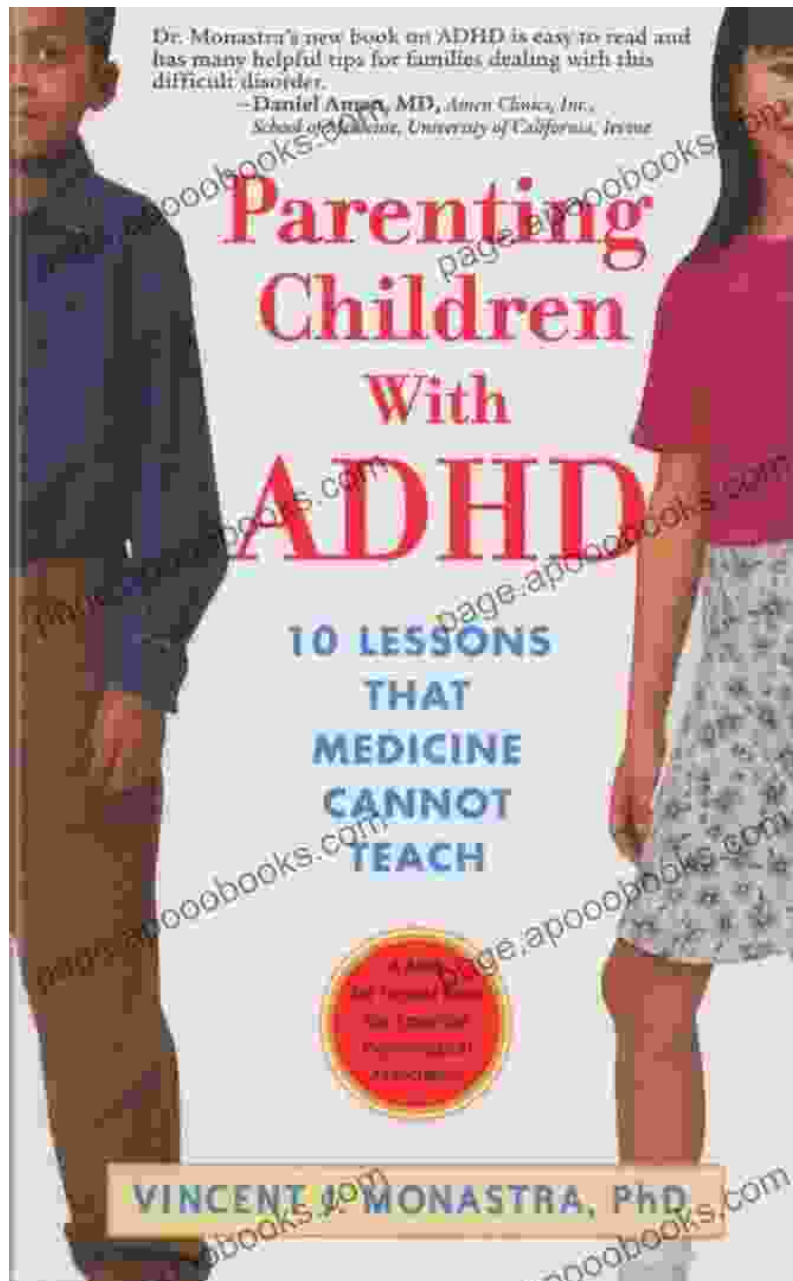


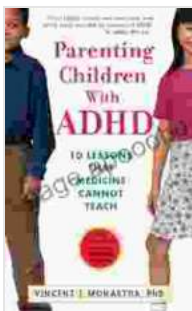
10 Lessons That Medicine Cannot Teach: A Guide to Health and Healing Beyond the Stethoscope



By Dr. Sunita Puri

In her groundbreaking book, *10 Lessons That Medicine Cannot Teach*, Dr. Sunita Puri shares her insights on the power of the mind-body connection, the importance of self-care, and the role of spirituality in healing. This book is a must-read for anyone looking to improve their health and well-being.

Drawing on her own experiences as a physician and a healer, Dr. Puri offers a unique perspective on the limitations of traditional medicine. She argues that while medicine is essential for treating acute illnesses and injuries, it is often unable to address the root causes of chronic diseases. These root causes, she says, are often found in our minds, our emotions, and our spirits.



Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach (APA Lifetools) by Vincent J. Monastra

★★★★☆ 4.6 out of 5

Language	: English
File size	: 633 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 263 pages



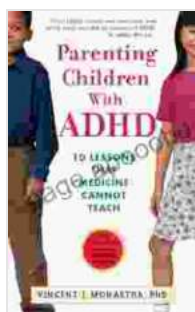
Dr. Puri's 10 lessons are designed to help readers understand the mind-body connection and learn how to use it to improve their health. These lessons include:

- The power of the mind to heal the body

- The importance of self-care
- The role of spirituality in healing
- The importance of listening to your intuition
- The power of positive thinking
- The importance of forgiveness
- The power of gratitude
- The importance of living in the present moment
- The power of love
- The importance of finding your purpose in life

These lessons are not easy to learn, but they are essential for anyone who wants to achieve true health and well-being. Dr. Puri's book is a valuable resource for anyone who is on this journey.

If you are ready to learn more about the power of the mind-body connection and how to use it to improve your health, then I highly recommend reading 10 Lessons That Medicine Cannot Teach.



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